



THE GUSTAVIAN WEEKLY

FEBRUARY 11TH, 2022

ISSUE 14



Luke Yang

*"Compost Bags"
article
on page 3*

Gustavus rolls out new composting bags.

Gustavus rolls out new composting bags

WEEKLY Scan

A preview of this week's top news and more

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Campus Safety Report

Tuesday, February 1, 2022

- Sherrif's dispatch contacted Campus Safety for a medical in North Hall.

Wednesday, February 2, 2022

- Campus Safety responded to a medical assist in Sohre Hall and transported to River's Edge Hospital for further evaluation.

Saturday, February 5, 2022

- Campus Safety was alerted to a fire alarm at the Adolphson House.

Tuesday, February 8, 2022

- Campus Safety received a theft report involving a student's vehicle.
- Campus Safety responded to a call of damage to Gustavus property in Southwest Hall.

Note: Case dispositions are available online by viewing the daily crime log on the Campus Safety web page: <https://gustavus.edu/safety/incidents/index.php>

Tip of the Week:

Run, Hide, Fight...Do you know what it means?

Run, Hide, Fight, is a national campaign that Gustavus uses in providing notification during an active threat situation on campus. Basically the run part is that your first option is to get away, get as far away from the threat as you can. Second, if you can't, then you hide. You barricade yourself wherever you are. You often see the words shelter in place, when it comes to the hide element. You shelter in place to try and keep yourself away from that threat. The last is if you just have no other option, that you can use your mental and physical capacities to defend yourself. That as a last resort to save your life, there may be a need to fight.

For more information about using Run, Hide, Fight in an active threat situation, watch the short video posted on the Campus Safety website in the right hand toolbar under "Safety Training Videos."

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Daily Sabbath Calendar

Prayer Around the Cross-Mondays (Christ Chapel)

- Gather to pause for reflection, music, lighting candles, and prayer.

Chapel and Chill- Tuesdays (Christ Chapel)

- Meet in Christ Chapel for a coffee bar and easy going conversation (or not).

Morning Praise-Wednesdays (Christ Chapel)

Holy Communion-Thursdays (Christ Chapel)

Musical Showcase- Fridays (Christ Chapel)

- We gather for inspiration as we celebrate the many talented musicians at Gustavus.

Rosary Prayer- Mondays - Fridays (Multifaith Center)

CAB Calendar

- February 11th:** Live Music Performance (Noah Hoehn)

Gustavus rolls out new compost bags



Luke Yang

Kendra Smaby
Staff Writer

As a campus community, Gustavus is committed to sustainability. Gustavus is affirming its commitment to sustainability and its recent decision to provide free composting bags to students is just a piece of this larger puzzle. The institution aims to have 90% of its solid waste, including that produced by students, either recycled or composted according to the Gustavus website.

"The institution aims to have 90% of its solid waste, including that produced by students, either recycled or composted..."

Gustavus is well equipped to meet this goal as a majority of single-use items such as utensils, cups, and to-go boxes being compostable, as well as having an industrial-grade composter located on campus. But in order for all of this to work, students have to actually compost. According to Environmental Sustainability Chair Juliet White, a

survey conducted by Gustavus sustainability interns showed that only 53% of its respondents, which we assume to be representative of the student body, were using the compost bins they were provided. This raises the question: why are students not composting?

There are a variety of factors that contribute to students' unwillingness to compost, but it seems a critical one is smell. "My roommate and I tried the compost bin at the beginning of the year, but we had a miscommunication about whose responsibility it was to take it out. Our room started to smell really bad, and we started getting some fruit flies, and it turned out that molding food in the compost was the culprit. After that, we found it safer just to not use it and put food waste in the trash so that it would get taken out," one Gustie said. Of course, this is just one student's account, but it speaks to a larger trend. The trash and recycling bins are easily visible and, therefore, easy to know if they have been taken out. The lid on the compost bin, while it works to control smell, also prevents a quick check and makes it easier to forget about. So if the smell is a primary concern, how do we mitigate this?

The solution presented by

the Gustavus student senate and the Johnson Center for Environmental Sustainability seems simple enough: free composting bags.

White explains that "the benefit of the bag is that it makes life easier. Compost bags create a better seal when you close the bin, so it keeps odors inside the bin. They also make cleaning up easier since you don't have to clean out your bin every time you take out your compost."

Even with composting bags it would be unwise to forget to take out the compost completely, the additional smell reduction that the bags provide certainly reduces the frequency with which students would have to take out the compost. Composting bags aren't new, but first semester students were only provided with one bag and had to purchase more at the campus bookstore should they require them.

This additional cost served as a significant deterrent to composting bags and it seems to affect composting in general. White also mentioned that the survey found that "of the 47% of students who do not currently use their compost bins, 50% said they would compost if they had bags." If this data is truly representative of student opinion, the provision of these composting

bags should result in over 75% of students using their compost bins. "I am hopeful we will get to a point where all students

compost and our campus can make strides toward a more sustainable future," White said.

"I am hopeful we will get to a point where all students compost and our campus can make strides towards a more sustainable future,"

A significant amount of work

was put into this initiative, including the bags being "hand-rolled by members of both the Student Senate and the Johnson Center," White said. Despite all of this work, it remains unclear whether students will take the initiative to pick up their bags from the residential life office.

"I know there was an email about that, and they're [the bags are] free now." However, this student admitted that they had not picked up their bags yet, and explained, "I know I read

the email, but I just didn't retain the information. I don't know where to go to pick up the bags" one Gustie said.

So for all the Gusties still waiting to pick up your composting bags, head on over to the Residential Life Office Monday through Friday from 8:00 am-4:45 pm to claim your one free roll of compost bags and get composting.

Q & A with Co-President Ben Menke



jayne Mapstone

Mel Pardock
Staff Writer

It's time to get political, Gusties. Student Senate elections take place Monday, February 28, but applications are due Monday, February 14. For this round of elections, many positions are on the ballot, including next year's Co-Presidents, as well as representatives for the Class of 2023, and Sohre, Southwest International Center, Chapel View, Arbor View, and Prairie View residence halls. Student Senate Co-President and Gustavus Senior Ben Menke is here to answer some questions about this upcoming election.

Q: What are the responsibilities of the Student Senate Co-Presidents?

A: Being Co-President of Student Senate is unlike any other leadership opportunity at Gustavus. There is a tremendous amount of responsibility, like selecting members of the executive board, running the meetings, working with the Board and the President, and overseeing a budget of \$400,000. But with that, there is a lot of freedom and potential to pursue new ideas and projects. What you do as Co-President is ultimately up to you.

Q: What are the responsibilities of Senate representatives?

A: Our representative positions are also very fulfilling and don't require as much of a time commitment. Representatives just need to participate in our weekly meetings (Monday at 7pm) and help out with two of our committees. But you can do more than that as well. When I represented Norelius Hall three years ago, I worked with administration to purchase and

install more water fountains across campus.

Q: What do you believe the qualities of a good Co-President/Senate representative are? What should GAC students look for in their representatives?

A: I believe a good leader or representative should come to the table ready to share their own ideas and also listen to others. It can be difficult to balance

these, but those that can do it effectively will always get more accomplished. Student government is a team effort, and getting a diverse set of viewpoints will make a better team.

Q: Is there anything else you think the GAC community should know about these elections or Student Senate in general?

A: Students should know

that we are always looking for new ideas and projects. Even if it is a small problem, we can help you find the resources and people to fix it.

It's time to let your voice be heard. Prior to the elections, be sure to think about what you wish to see done around GAC and what you'd like to see in a representative. No issue is too small.

"It's time to let your voice be heard. Prior to elections, be sure to think about what you wish to see done around GAC and what you'd like to see in a representative."

"Before the election, try to meet the candidates running for your vote. Or, run for Student Senate yourself. Applications are due Monday, February 14, and the election is on February 28th," Menke said.

Get out there and vote, Gusties!



First full student senate meeting of spring semester.

Jayne Mapstone

Words that matter: Diving Deeper Book Club

Emma Esteb
Staff Writer

The Center for Inclusive Excellence is providing an opportunity for intentional growth, creating meaningful connections, and reaching a population that enjoys reading. The Diving Deeper Book Club is starting up again this spring semester. The club focuses on relevant topics including social justice, intersectionality, identity, and diversity.

The club will meet regularly throughout the semester to host group discussions about the readings. Official meeting times for the club are still in the works and will be communicated once they are set. The books that will be read this semester are not intended to be overly time consuming, making it easier for students to be part of the club alongside their many other commitments.

"The Diving Deeper Book Club is starting up again this spring semester. The club focuses on relevant topics including social justice, intersectionality, identity, and diversity."

The two books that will be further discussed and explored this semester are *All About Love: New Visions*, by Bell Hooks and *We Should All Be Feminists*, by Chimamanda Ngozi Adichie. The two books are broad, but their views and concepts align well with the beliefs and values of the CIE. These two books were specifically chosen as they "portray relevant ideas and concepts within society and encompass a wide range of identities," according to Thomas Flunker, Director of CIE.

These two books reinforce the CIE's driving force and belief that "All Means All." The book, "All About Love" "explores how to heal divisions between people, within yourself, and within society through the transformative power of love," according to Marshall Bell, CIE intern. The second book, "We Should All be Feminists" focuses on the importance of understanding and adapting feminism for not only women, but for everyone.

Students will not have to worry about buying the books as the cost will be covered as part of the program. The first email was sent out last week and interest in the club is already high.

The email included information about the club and a Google Form that can be filled out if interested in joining the club.

The Diving Deeper Book Club began J-term of 2021 and was a great success. Flunker had a conversation with the admissions committee last year and was presented with the idea of creating a book club within the CIE.

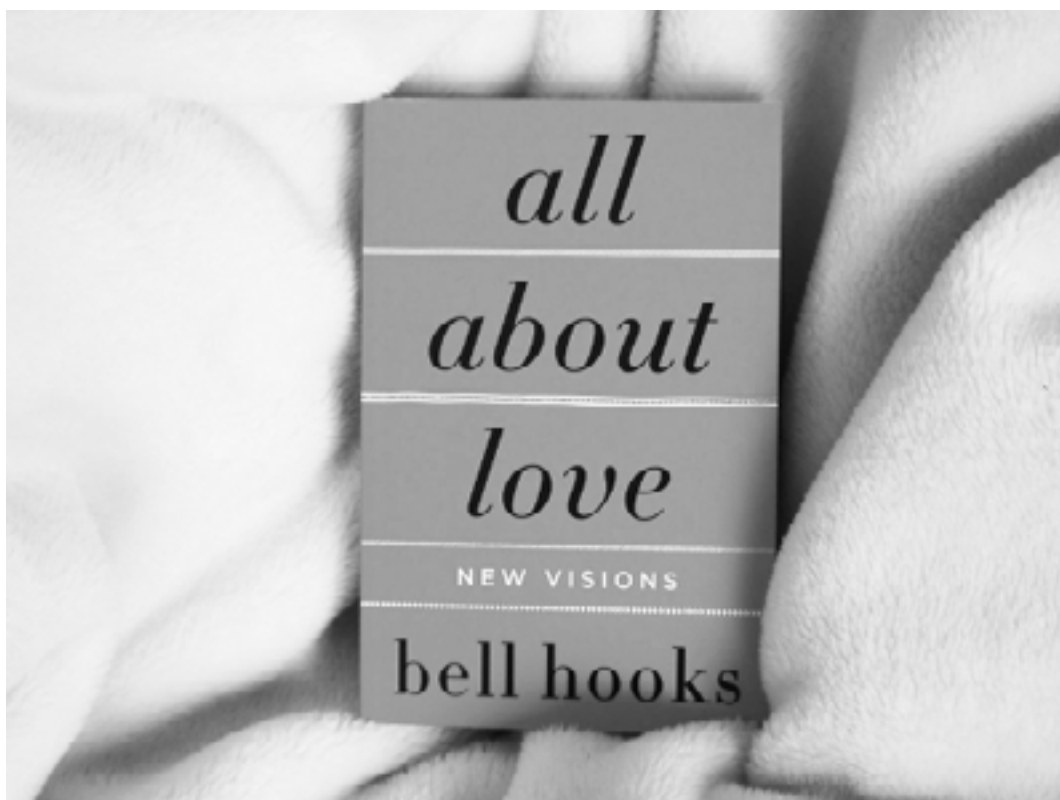
He liked the idea as he said "there were not a lot of activities during J-term last year and the book club would be a great way to reach out to a broader population and provide the opportunity for people to make connections."

"The Diving Deeper bookclub began J-term of 2021 and was a great success. Flunker had a conversation with the admissions committee last year and was presented with the idea of creating a book club within the CIE."

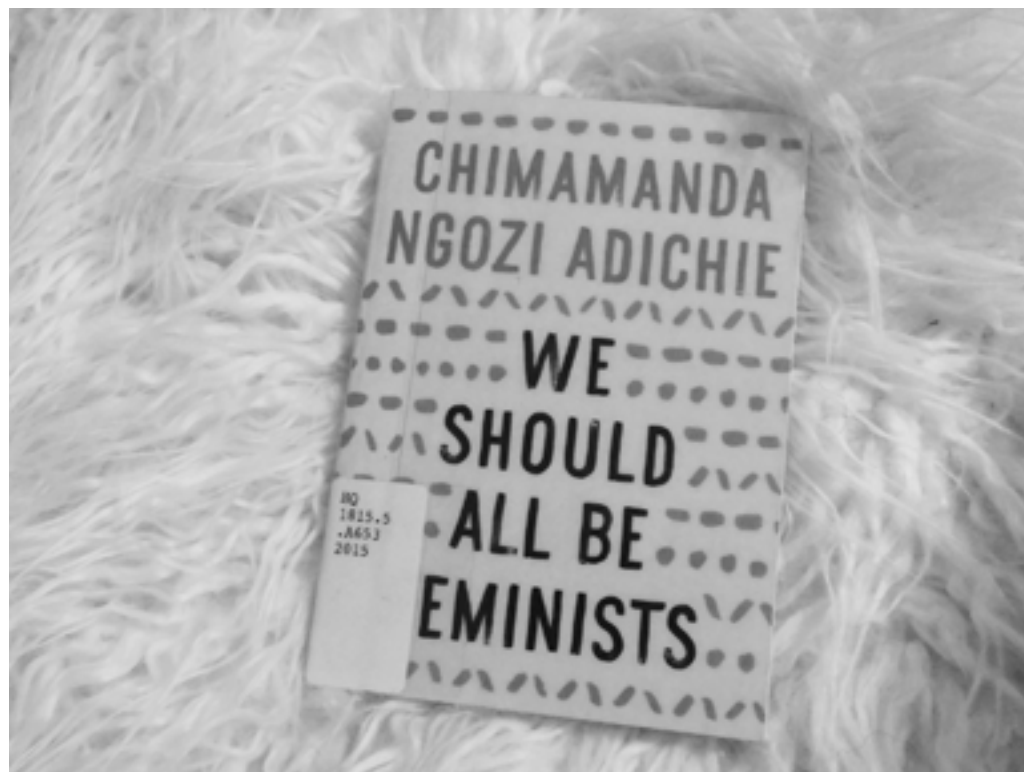
54 members were enrolled last year and the club brought in a diverse group of people who contributed meaningful discussions. One thing that Flunker has enjoyed about the book club has been the new faces that have been added to the conversation.

Due to power of demand, Flunker and Bell have worked together to refine the Diving Deeper Book Club. They have created a better structure and created clear intentions that will help bring individuals together through reading. Students will be able to meet with different discussion facilitators in order to create important conversations while also being flexible and considerate with Gustavus students' busy schedules.

"Due to the power of demand, Flunker and Bell have worked together to refine the Diving Deeper Book Club. They have created a better structure and cre-



Izabella Taylor



The Diving Deeper Book Club's spring semester books.

Izabella Taylor

ated clear intentions that will help bring individuals together through reading."

The meetings will most likely be a combination of zoom calls and in-person meetings. The COVID-19 pandemic has created many new ways to put on events that have opened many doors for the CIE. Many successful events that were created because of the pandemic, will be continued while other events that happened pre-pandemic will hopefully be able to happen later in the year. "Sometimes it's hard to or-

ganize all of the pre-COVID and COVID events that have been happening and have been a popular demand to come back" Flunker said. A lot of the student employees have been needed to help with different activities and events. Positive reinforcement and successful events are a great "problem" that the CIE has had to face.

The CIE is very excited to bring the Diving Deeper Book Club back to campus and are hoping to meet some new students. The club is a great opportunity for intentional growth, knowledge and an opportunity to make meaningful connections with others while discussing issues that are relevant to our society.

GUSTIE of the WEEK

James Patrick Miller

Korri Wojack
Staff Writer



GOW James Patrick Miller leads class.

Luke Yang

This week's Gustie of the Week is James Patrick Miller, Professor of the Gustavus Wind Orchestra, or as most refer to them, GWO. The Gustavus Wind Orchestra is "one of the nation's most storied collegiate touring wind ensembles, the Gustavus Wind Orchestra tours nationally each year, internationally every four years, and was selected to perform at the College Band Directors National Association North Central Division Conference in 2020 and 2016 and the Minnesota Music Educators Association Conference in 2018" according to the Gustavus website.

Whether you are a music person or not, there is no doubt that Gustavus has some of the most amazing opportunities for musicians, and the most amazing musicians themselves. But of course what is an orchestra without their conductor? Professor Miller has been at home on the Hill for nine total years now, but his amazing musical journey started long before Gustavus.

Professor Miller grew up in Winona, Minnesota, and enjoyed playing baseball, basketball, and golf. To this day he is still an avid golfer, and now sports a single digit handicap. For those of you non-golfers, a single digit handicap is very difficult to reach and extremely impressive. His love of golf stayed through college at St. Olaf, where he also enjoyed ultimate frisbee, Dungeons and Dragons, ballroom dancing, and video games. During his time at St. Olaf, he focused on a music education major, and once graduated magna cum laude, he headed to Ithaca College, where he received his M.M. (Master of Music) degree in conducting. Not done yet, Professor Miller strove even further to get his D.M.A. (Doctorate of Musical Arts), also in conducting, from the University of Minnesota.

Professor Miller has led an amazing musical journey. From 2002 to 2006 he worked as Assistant Director of Wind Ensembles and Conductor of the Chorale at Cornell University in Ithaca, NY. In 2003 he received national recognition by winning the American Choral Directors Association National Conducting Prize at the graduate level, and ten years later he was recognized nationally again, this time for his research on Karel Husa's

Concerto for Alto Saxophone and Concert Band. From 2009-2014 he was Assistant Professor and Director of Wind Studies at the University of Massachusetts, and from 2012-2014 he also served as the conducting pedagogue for the United States Coast Guard Band's Conductor Mentor program.

Miller first came to Gustavus during the 2008-2009 school year when Dr. Douglas Nimmo took sabbatical. Falling in love with the Gustavus environment, community, and atmosphere, Miller says it best himself. "I loved it here. The Gustavus Wind Orchestra stole my heart that year, and I knew some day I wanted to try and come back. In 2014 I was given the opportunity to return, and it has been a blessing every day since" Miller said.

"I loved it here. The Gustavus Wind Orchestra stole my heart that year, and I knew I wanted to try to come back."

Miller enjoys going on walks through the Arboretum, and of course enjoys spending as much time as he can with family, his wife and fellow Gustavus conductor, Heidi Johanna Miller, and two amazing daughters, Linnea and Ingrid. In the summer, he spends his time on the golf course, taking his competitive game very seriously. Besides conducting the Gustavus Wind Orchestra and teaching conducting and music education, Miller loves teaching his FTS on Film and Video Game music.

When asked what his favorite thing about being a here at Gustavus was, Miller answered the following. "The students, they challenge me every day. They are a joy and make my life on the hill worthwhile each and every day. I love the Gustavus Wind Orchestra and all of its members, and the students in my FTS every fall are just awesome, creative, fun human-beings. I am blessed to be here. But without question the best thing about being a professor at Gustavus are the students." When asked, Miller's

students had nothing but good things to say about him and his classes. Many commented about the fantastic energy and imagination he brings to class and rehearsals, easily making orchestra one of their favorite things here at dear old GAC.

One thing that separates Gustavus students and faculty from the rest is our determination to strive forward, reaching for progress in ourselves and the community around us. When Miller was asked how he helps push for progress, he returned with the following, "I work hard and try my best each and every day. I attempt (and fail) to lead by example. I'm not sure I've made that much of an impact here, but I am proud of the work I did to help redesign the music education curriculum. I'm also very proud of the Bjorling Music Festival, new since my arrival" Miller said.

"The students... challenge me every day. They are a joy and make my life on the hill worthwhile each and every day... I am blessed to be here."

"I also served as chair of the college curriculum committee during the design and implementation of the new Challenge Curriculum; that took many hours of effort, work, compromise, and collaboration. I believe the community in the Gustavus Bands program and in the Gustavus Wind Orchestra are incredible. The welcoming community, collaboration, hard work, dedication, humor, joy, and tears we share every day bring such deep meaning to my life. And finally, now that I have many former students out teaching band in Minnesota and around the nation, I am beaming with pride in their work, impact, and achievements" Miller said.

A fantastic professor, a skilled conductor, and a Gustie through and through, Miller was more than deserving of this week's Gustie of the Week title.

Do you have a suggestion for a Gustavus student, professor, or staff member who could be our next Gustie of the Week?

If so, send their name, position on campus, and a short description of why you think they should be recognized to
weekly@gustavus.edu
for a chance to be featured!

A representative from the Gustavian Weekly will be in contact with you via email if your suggestion is chosen to be featured in an issue of the paper.

Gustavus Wind Orchestra prepares for at-home concert

Emma Kelsey
Staff Writer

Gustavus Wind Orchestra, the most prestigious wind ensemble here at Gustavus, has had a lot to look forward to this year. Though they have faced disappointments, setbacks, and an unpredictable year, this group has continued to make music and thrive as an ensemble.

This Saturday, February 12, the Gustavus Wind Orchestra (GWO) will be performing a home concert at Christ Chapel. With a total of twelve pieces, GWO members have been working hard to put together a moving as well as musical show for those who come to the Chapel.

Notably, the ensemble has been given a very unique opportunity to have a piece commissioned by 10-time Emmy award winner Bruce Broughton, who has composed several highly acclaimed film soundtracks and other musical pieces throughout his career. Last year, GWO members were able to meet with Broughton over a video call to discuss with him a piece they played, which sophomore clarinetist Eavan McCormick described as a "really great experience." This year, due to a generous donation from an anonymous donor the group will be able to perform a piece written by Broughton for them to premiere to the world. This is a very rare and unique opportunity and the GWO is very excited at the opportunity. "It's kind of intimidating...but also really cool to know that we're premiering this piece," McCormick said.

"The ensemble has been given a very unique opportunity to have a piece commissioned by 10-time Emmy award winner Bruce Broughton, who has composed several highly acclaimed film soundtracks and other musical pieces throughout his career."

Leading up to the concert throughout J-term, GWO members have been committed to practicing for roughly six to seven hours a day according to



The Gustavus Wind Orchestra rehearses.

Evan McCormick

McCormick, along with their companion course of two and a half hours. While this may seem extensive, GWO members are dedicated to making great music. "It was worth it," McCormick said. Jennifer Golding, a senior in GWO, shares this sentiment. "We worked so hard," Golding says, detailing 8am to 9pm days of work for the ensemble, "I hope we fill that chapel to the brim."

Admission to the concert is completely free, though attendees are required to follow COVID-19 protocols. A livestream will also be available to anyone who wishes to tune in virtually, posted on the Gustavus fine arts page and the GWO Facebook and Instagram pages. GWO members are excited to share their hard work with fellow students, family, friends, and community members.

According to McCormick, after all the setbacks the group has faced in the past two years, the GWO ensemble appreciates and respects this opportunity to perform so much more. "[We can] allow ourselves to take it in...with a different view than a few years ago, especially after so much work, being able to play it for others and impact others' lives," McCormick said. Junior Alex Terpkosh, speaks more about the power of music and the GWO community. "Together as an ensemble we create and share our sounds and emotions. Many of us use music to process and heal through hard times in life... With all that COVID has taken away from each one of us, we hope to bring back at least a little joy into our community" Terpkosh said.

"Together as an ensemble we create and share our sounds and emotions. Many of us use music to process and heal through hard times in life."

As Gustavus's touring orchestra, GWO had planned a trip to Spain and France over this year's J-term. Unfortunately, due to COVID-19, this trip was canceled, just at the beginning of January. As some-

thing many of the students were looking forward to, this came as a major blow to the group. However, their music was meant to be shared, and these Gusties hit the road to visit four high schools throughout Minnesota in Anoka, Monticello, Springfield, and Montgomery. GWO joined band rehearsals and interacted with students, who got a chance to ask GWO members questions, play their music, and those who requested it even received some private lessons from GWO members. As many of the schools have limited music programs, this was a tremendous opportunity for the high school students. In turn, this was a tremendous opportunity for GWO members to interact

with students, practice their teaching skills, share their passion with others, and perform their music. After the day spent with the band classes, the GWO members performed in a show open to the public, community members and students alike in attendance. Golding says that it felt great to be able to interact with students and encourage them to continue to make music. "I felt that they were inspired," she said.

GWO will continue to inspire, including the Gustavus community itself this Saturday, February 12 at 7:30 p.m. in Christ Chapel.



James Patrick Morgan directs the GWO.

Evan McCormick



Happy Valentines Day

Gus's Mystery Girl Gustina

In searching for photos of Gus the lion, old photos of a mystery lioness resurfaced. Not much is known about this mystery lion aside from her name, Gustina. Gustina and Gus seem to have been active around campus sometime between 1990 and 2012. Information about both of these lions is sparse but Gustina doesn't appear to be mentioned at all on the Gustavus website or Gustavus archives. These photos bring up a variety of questions. What is their relationship? Why does Gustina wear a skirt and no shirt but Gus doesn't wear any clothes? Why does Gustina have a mane? Gossip in the Weekly office suggests she is Gus's ex-girlfriend who happened to be a trans lioness but it seems the vast internet and Gustavus website have no answers to these questions.



A 100 hour challenge for phones?



Jonas Doerr
Opinion Columnist

This weekend the Peer Assistants are sponsoring their annual “100 Hour Challenge.” No, it’s not a challenge to stay up 100 hours in a row, that would obviously just be a normal weekend for college students. What it actually involves is people abstaining from binge drinking or from drinking alcohol at all to promote healthy choices around alcohol on campus.

It’s for a good cause: alcohol misuse can have serious consequences, and nobody’s complaining about the free food and games the PAs facilitate. There’s something else on campus that might benefit from a similar program, however. What if students tried a 100 Hour Challenge to abstain from their phones?

Before you send me any angry letters through campus mail, hear me out. College students have a love-hate relationship with their phones. Sometimes they are wonderful sources of information and friendship, and sometimes they keep people up all night destroying a random person’s fortress or looking at a stranger’s terrible wardrobe choices. Sometimes phones feel like another limb, and sometimes one just wants to throw it against the wall in frustration. I actually just tried that, but it didn’t do anything to my phone. The irony is clear: I like my phone too much to throw it hard enough to break it.

It would probably be nearly impossible for students to do a ‘100 Hour Phone Challenge’. There are a number of healthy reasons why they might not be able to. Phones provide a useful form of communication, and it would be much more inconvenient to have to email people instead of texting or calling. Social apps like Snapchat and Instagram would be a lot less accessible, making it harder to stay in touch with far-away friends and family. Some people use their phones for schoolwork. What if our Duos expire and we can’t log on? Although, that may be a plus. Most importantly, they allow us to snap a photo if a celebrity like President Bergman comes by.

There are also some unhealthy reasons why it would be difficult



100 hour challenge poster

Submitted

for students. Many social media apps have features that compel students to spend more time on them than they might ordinarily choose. Endless scrolling, distracting notifications, and other similar tactics manipulate students’ choices of what to do with a free night. Plus, it would be almost impossible to notice an incoming snowball ambush if you were on your phone. Phones are also a safety hazard!

Other than snowball ambushes, there are several more serious reasons why it might be healthy for students to reconsider their relationships with their devices. Charlie Potts, Dean of the First-year and Junior Classes, has done research on student’s relationships with social media and their phones. He says, “While phone use can increase our ability to connect with others, getting sucked into bad habits can actually increase feelings of isolation and loneliness. And it can disrupt sleep patterns, distract you from academics, and create barriers for social relationships.”

So would a 100 Hour Phone Challenge help fix these issues? Could it make us feel more connected, sleep better, study better, and have better friendships?

I’ve tried hiding my phone in my closet to get away from it before. I worried about things like not getting an important text, missing an update on my favorite sports team, or not hearing that my brother lost an arm to a wild wildebeest, but nothing terrible happened. In fact, after a little bit I completely forgot about my phone. That is, I did until the next day when I really wanted to check who had Snapped me.

While I’m off my phone I notice benefits like increased focus, more creativity, and the ability to be more present with friends. Can those benefits last? It isn’t really feasible for most people to give up their phones forever, so is it worth it to put phones for several hours?

Dean Charlie Potts had an educated opinion on this too: “Phone abstinence might feel like a quick fix to ‘detox’ yourself, but it’s a pretty unrealistic option long term given the roles of phones in our lives and may not create lasting change,” he says. Instead of giving up on one’s phone entirely for a short period of time, he recommends “small, achievable goals for improving how you feel about your phone use - like using app time limits, leaving your phone

behind when you go to the caf, not using your phone for 30-45 minutes before bed, etc,” he says. It’s possible and more likely for you to achieve your goals with easier strategies like these.

Using sheer willpower to beat all the addictive apps on one’s phone sounds and feels really good, but it’s not sustainable. Eventually you will give in, and you’ll just feel worse because you were trying so hard not to.

On the other hand, if you try to do things like slowly reduc-

ing the amount of time you’re spending on your phone or choosing times during the day to not use it, you will probably be more successful. You can gain long-term benefits for yourself like better sleep or more personal, real-life relationships. Maybe a 100 Hour Challenge for phone use isn’t the right call, but don’t give up! There are plenty of other methods you can dial up to improve your digital wellbeing.



Gustie participating in the 100 hour no drinking challenge.

Submitted

Wordle craze



David Eide
Opinion Columnist

Over break I found myself being swept up in the popular online word game, Wordle. I rarely get invested in this kind of ephemeral internet activity but something about Wordle spoke to me. I think exploring why would be an interesting exercise and hopefully others to give it a shot.

Firstly, it's important to explain how Wordle works. Wordle is a very simple word game where you have six attempts to try and guess a five-letter word. When you enter a guess, you receive feedback in the form of differently colored tiles. Gray tiles indicating that the letter is not present in the word at all, yellow tiles indicating the letter is

present in the word but placed incorrectly, and green tiles indicating both correct letter choice and placement. Furthermore, only one word is available per day. The simplicity of these rules is one of the major appeals of Wordle- you don't need to have quick reflexes or a deep sense of strategy to play Wordle, you just need to be able to enter letters. You don't even need to have a massive vocabulary to play Wordle, you simply need guesswork and creative thinking.

Going deeper than just the rules, there are several subtle features of Wordle that I find very appealing. The presentation of Wordle is very clean and stylish which gives the whole game a professional feeling that I always appreciate. It somewhat reminds me of 2048 which has always been one of my go-to mobile games. The choice of six guesses is also a key aspect of Wordle that makes it enjoyable. If there were less than six guesses available, then the game would become too challenging to appeal to such a wide audience and if there were more than six guesses available, it would become trivially easy and any sense of accomplishment for completing the puzzle would

be lost. Six guesses leave some wiggle room available while also maintaining the challenge of guessing the word.

One of the key factors that makes Wordle appealing to me is the social aspect of the game. Now this might seem to be a strange claim considering that there is no cooperative aspect to the game. However, Wordle also includes an option to share your game results to basically any messaging platform or social media site imaginable in the form of emojis. This essentially allows for Wordle to seamlessly integrate into whatever your preferred form of online communication is. I personally like to compare scores with some of my friends and relatives over DMs but that's just the tip of the iceberg for how Wordle can exist in a social context. Since everyone is trying to guess the same word there's a concrete sense of community that forms among those playing Wordle, regardless of whether or not there's a pre-existing relationship. I have had great conversations with people I have never met before regarding Wordle and that's not very common online these days.

However, the biggest explanation for Wordle's current

popularity explosion is the one word a day limit. This creates a sense of scarcity that encourages the user to keep coming back each day for a new word puzzle. Unlike with other mobile games, there are no constant demands to keep checking in constantly in order to perform some meaningless tasks. Once you've solved the puzzle you're done for the day. In this sense, Wordle harkens back to older forms of word puzzles like crosswords or word searches and it becomes easier to appreciate why these games were so popular to begin with. The one word a day limit provides a breath of fresh air every day, which I believe to be the biggest factor in Wordle's continuing appeal.

There is, of course, an elephant in the room. Recently, Wordle was acquired by the New York Times for an undisclosed large sum of money. While the Times has given assurances that Wordle will remain free for all players in the short term, it seems likely that the game will eventually become exclusive to New York Times subscribers. While it is sad to know that the game will lose its universality and to see an independent project once again be absorbed into a

massive media conglomeration, there are some positive sides to the acquisition.

Firstly, the New York Times is well known for its high-quality word games such as its Daily Crossword or Spelling Bee, so Wordle is in good hands in that sense. Furthermore, it is likely that an acquisition of some kind was the only way to maintain Wordle long term. It was probably never going to become profitable and eventually the creator, Josh Wardle, would have gotten busy and moved on. This would leave Wordle effectively dead like so many other trendy games that explode in popularity. In the end, while it's sad that Wordle will likely move behind a NYT paywall, this was probably the best thing that could have happened for the longevity of Wordle as a game.

It's somewhat ironic that I spent hundreds of words talking about a game based around five letters, but I suppose I just had a lot to say. In short, Wordle is a very enjoyable game that is intellectually stimulating and has a great community surrounding it. I think it really is a game anyone can enjoy and I hope you try it out before it goes behind a NYT paywall.

Closing soon



Hailey Brune
Opinion Columnist

Most of us are aware that the hours for the cafeteria are a little off this year. The Caf closes at 8:30pm this semester when it used to close around 10:30pm or later. A problem arises around this as a lot of STEM labs and music rehearsals lasting until 8pm or later. As well as people's work schedules that might go until after the caf is closed. As someone whose schedule doesn't end until 8pm some days, it can be a bit of a hassle. These adjusted hours makes the food options limited, or even nonexistent for those who have dietary restrictions. Mistakes happen and that's totally fine, it'd just be appreciated if someone had fixed it. Gustavus students, who are notoriously busy, know that sometimes crazy hours like 8 PM is the only time we have to catch a break. Personally, I have a break around 11:30 where I can get something from the STEAMery, but on my busy days that's the only time

I have to eat. With the Caf closing around the same time or after my classes are over it, takes out an option for me to eat again later in the day if I wanted. Other students probably have an even harder time finding time to get in meals. I personally don't have much of a problem eating once a day, but a lot of people need to eat multiple times a day. They're used to eating often and getting hungry often. It's hard to focus if you're hungry, whether it's from not having enough time or options.

There are other options and preparations that can be made, of course. You could get food earlier in the week and have them saved for those long days. Or you could buy from the grocery section, and you can have those for a meal in your room. Except a majority of the time it's empty, and once it gets filled it empties out pretty quickly. But it's an option sometimes. Let's say you take the L and eat once a day, or eat what you have in your room. At the end of the month those days of not eating much, or not spending that Caf money will add up. Which will end up causing the regular groceries to be even more scarce, especially around the last week or two of the month. It's all a bit of a snowball effect. There's also two cafe options on campus, the courtyard cafe and the steamery. Though the STEAMery closes at 2pm, and the Courtyard closes at 3pm, and then opens between 6-8:30pm again. Which might

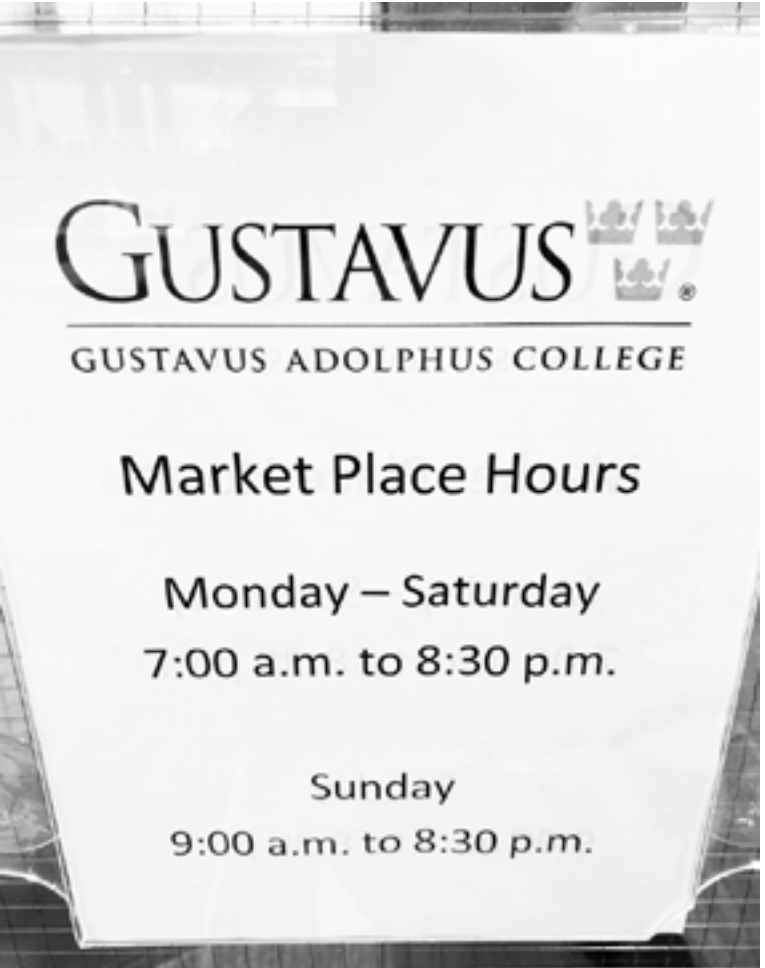
help some students and give other options, but it still closes at the same time as the Caf. For me the STEAMery makes it so I'm able to get in at least one meal a day, but not everybody is in Nobel all day. The cafes are convenient when you're in their vicinity.

Some ways that I think could help, would obviously be to lengthen the Caf hours. I understand that it's understaffed, though, and there might not be enough money attributed to keeping it open at its normal hours. So, some other solutions to get us through the semester. Having the regular grocery parts of the Caf stocked more often would be very helpful, so there's things that can be stored in people's rooms for meals or snacks. Making sure there are a lot of milk options so people can have cereal in their rooms no matter what type of milk they need.

Now, I fully recognize this as a first world problem, and that at the end of the day it's not a big deal, but it can be frustrating. We don't know where all of our students are coming from, though. Sometimes it can be easy to write off a meal because it's not easily attainable, or because it's less work to just skip it. Which isn't a healthy mindset we want to indirectly support. We want to encourage consistent eating, food security, and accessibility. That's one of the reasons we pay for the meal plans isn't it? To make sure all of our students are able to get food while they do the college grind. I just hope to see this mis-

take not be repeated next year, and that they'll be able to figure out the bugs in the system. Some

of my greatest memories from 2020 was getting ice cream at 10pm from the Caf, and I'd like



Market place hours.

Submitted

Campus chronicler



Cadence Paramore
Co-Editor-in-Chief

Has anyone else read the anonymous words of Gustavus's very own pandemic Chronicalist? The artist who produced this zine? I missed their first volume, and for that I am incredibly devastated. If you missed it, too, make sure you don't miss this one-- I noticed it's arrival (just a handful of copies) on the empty Weekly newspaper stand across from the post office in our very own Campus Center.

"Quaranzine Vol. 2" is an incredibly compelling, emotional, and accurate account of what we have all been living through-- history. And as the author says, "How much history can a person bear to live through?"

Maybe you're like me, and up until reading this have been suppressing the fear and fatigue into that special place where complex things go; because what else can you do? It's exhausting enough-- living, going to college, "figuring it all out"-- without MORE atop it all. Without a deadly virus eradicating "normal."

We didn't realize just how good we had it until it was destroyed, and now we can never get it back.

So where do we go from here?

Our Campus Chronicalist got vulnerable for us so we can, too. So that's exactly what I'm going to do.

I cried reading their lovely, relatable words: "maybe this is a dream maybe this is forever maybe this is our last chance maybe I'm just so tired." "We have the power to make each other . . . and I have been unmade," "I JUST CAN'T CARE ANYMORE (actually I care about everything, intensely, all of the time)." Their outcries of "This is still a pandemic" and frustration at campus and people who are pretending life is somehow "normal" again are all too real for many of us. At least, for me too.

I'm depleted from taking on schoolwork and job work on top of the emotional work it takes just to get out of bed in the morning and dress in a disguise of hopefulness and energy. I am not hopeful, not about this. I have nothing left to give. My tank is empty. Don't

you understand? WILL you understand-- Reader, neighbor, professor, administrator, stranger?

I can't read that book and discuss it like it's more important than my sanity. I can't debate the best way to handle climate change when my brain is already debating how to find the easiest way to just show up for class. I can't learn a new language or a sport when I am already full from learning new ways to navigate our new "normal." I can't. I'm all full up. I'm all emptied out.

"I missed their first volume, and for that I am incredibly devastated. If you missed it, too, make sure you don't miss this one"

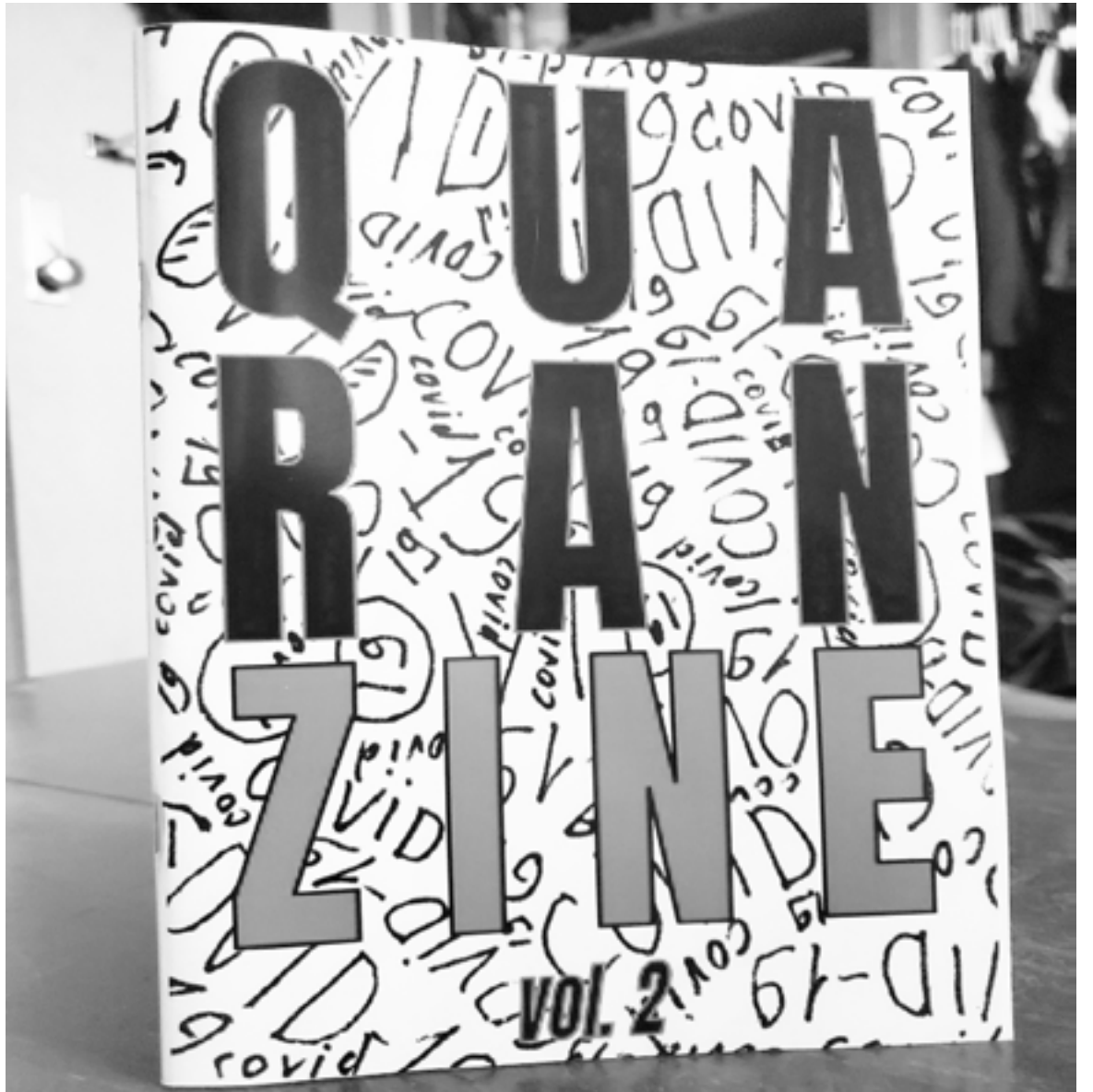
And I can't just "drop out" or "take a semester off" or quit my jobs when they're the only things giving me a reason to get out of bed and providing me some semblance, some ghost of "hope" for the future.

Too many people died for you not to care. Too many people made too many sacrifices for you to party and vacation like nothing has changed. EVERYTHING has changed, whether you've accepted it yet or not.

"Maybe you're like me, and up until reading this have been suppressing the fear and fatigue into that special place where complex things go; because what else can you do? It's exhausting enough-- living, going to college, "figuring it all out"-- without MORE atop it all. Without a deadly virus eradicating "normal."

I wash my hands until they're raw after touching anything that someone else may have come in contact with. My heart pounds whenever someone comes close to me. It's taken everything in me to allow myself not to feel guilty about things I need to do just to SURVIVE-- get food, show up for class, pull my mask down to take a sip of water when I'm choking on my own spit, see my boyfriend.

And yet the boys down



Quaranzine cover.

Cadence Paramore

the hall will walk around unmasked, or masks pulled below their noses. And yet the person behind me in class can eat and cough without a mask. And yet the girls I follow on snapchat can go to bars. And yet another person from class can travel to Costa Rica and be back in time for classes to start.

I'm exhausted. Aren't you?

And the thing is, I don't care if this doesn't directly affect you. I don't care if you're double vaccinated with a booster and no one you know is high risk. I don't care if YOU don't care, because there are people that do. That it HAS affected. That it STILL affects.

I won't tell you to be better if you don't care, but if you do care-- it's okay. It's okay to feel how you're feeling-- confused, frustrated, afraid, exhausted, angry. It's okay if you're barely running on 1% and giving all that you can give. It's enough. You're enough.

Our world is really effed up right now and none of us know if it will ever get better. So be extra kind to yourself.

"I am a 'good student.' I am also 'cautious about COVID.' Can I still be both . . .?"

Put the book down. Go to sleep. Watch that show instead of finishing that assignment.

I know it's hard, I know the proper "grieving period" has passed and we're all expected to function per-usual again, but it's okay if you can't.

After all, "We're still in a pandemic."

So if you care, keep caring. Keep feeling and creating. Our Campus Chronicalist has shown us that none of us are alone in this.



Outside Counseling Center.

Submitted

Movies from the Library: *Melancholia*

Will Sorg

The world is ending and there’s nothing anyone can do about it. Unlike the science fiction action films that are all about the race against time to save humanity, there is no strong jawed action star to save the day at the last moment. From the outset of Lars Von Trier’s *Melancholia* we are told that everything is going to end. A brilliant 9-minute visual prelude to the story lays out the emotions and imagery that the film sets out to represent. The introduction ends with a massive planet colliding with Earth, destroying it and everyone on it.

Then the movie takes a shift. We look at a woman, Justine, and the events that unfold during her wedding day. There is a slight hint at the impending destruction of the world, perhaps a star is missing from its normal place, blocked by some unknown presence. However for the first hour of this film we do not see the dissolution of the human race, rather we see a woman’s life get destroyed in a single evening. Justine suffers from severe depression, which reveals itself slowly, but as the film goes on her struggles are shown to be all-encompassing and heartbreakingly debilitating.

Throughout the first half of the film we slowly begin to see Justine disassociate from her surroundings as she is overwhelmed by expectations from her new husband, pressure from her unsavory boss, disappointment from her family and a general sense that no one really understands or cares about what she is going through. After everything that is holding her life together is taken from her, she suffers a mental breakdown and stays with her sister Claire. From here on out the film focuses on Justine’s sister Claire.

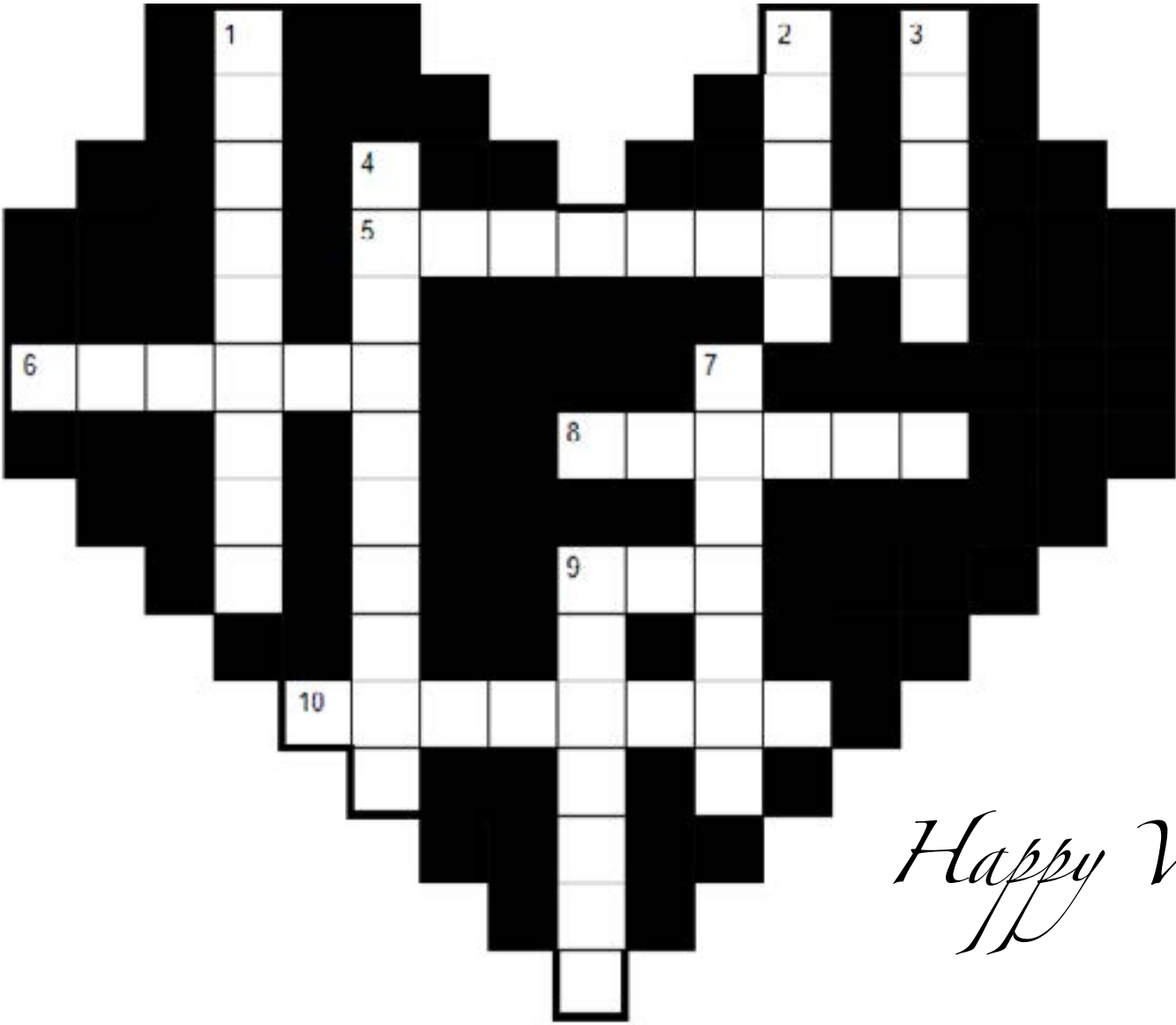
The film’s shift to Claire’s perspective is when the metaphorical end of Justine’s world symbolically mirrors the genuine extinction of the world. It is revealed that a planet called “Melancholia” is hurtling towards Earth. Claire’s husband John insists that scientists have predicted the giant blue planet will simply pass by The Earth. Claire is still worried, Melancholia is constantly on her mind as it literally hangs above her in the sky with its eerie blue glow. All of this fear and anxiety is contrasted by Justine, who is completely unafraid. To her, the world has nothing worth saving.

This is a film that uses the end of all things to accurately portray depictions of mental illness. Justine and Claire become representations of depression and anxiety. As someone who suffers from both, this movie is heart wrenching to watch. To think



Jayne Mapstone

about how one would react to the end of the world is one thing. To see two very believable reflections of how you might react is an entirely different and more harrowing experience. The film is achingly human. Characters have realistic flaws and virtues and the way they are written makes it so that you can understand the thought process behind their actions without having them explicitly say what they want or feel. In the end it feels as though we are watching real people confront concepts that feel out of their control. It doesn’t matter if those concepts are depression, anxiety or a glowing blue planet hurtling towards earth; in this film, it all feels so real.



- ACROSS
- 1. A man one might go on dates with
 - 2. One who shoots love arrows
 - 3. Romantic flower which, aptly, forms an anagram for the Greek word for love
 - 4. The day for which this crossword is themed
 - 7. A colorful, nice-smelling gift one might give in bunches
 - 9. Bunches of these colorful, nice-smelling gifts
- DOWN
- 5. Greek goddess of love
 - 6. Message that might be found on a candy heart
 - 8. Romeo’s girlfriend
 - 9. What 2 Across shoots his love arrows with
 - 10. Month for the love holiday

Happy Valentines’ Day!

Gymnastics comes away with a rare tie

Gusties prove themselves against Winona State

Alli Joerger
Staff Writer

The opportunity to compete between divisions presents itself as an opportunity for interesting events to occur. In this weekend's gymnastics competition the Gusties managed to tie with Winona State, something that is quite unusual in the sport. As the gymnastics team prepares for the final few meets of the season, tying with Winona State provides the team with the focus and confidence they need to finish the season strong.

With a tie being so unexpected, the team reaction replicated that energy with what head coach Aryn DeGrood referred to as, "A little moment of confusion and disbelief. [The tie was] a very unexpected outcome and a highly unusual one in college gymnastics," DeGrood said. Despite the abnormal nature of the tie, the team was able to see it as a solid indicator of their ability to be a force in the final key meets of the season.

The outcome of the meet was one that required an entire team effort and persistence throughout the long day of competition. Some events that were critical in the results were Floor and Beam as highlighted by Coach DeGrood. Sophomore Katy Cash earned second in the Beam, with a score of 9.300. Senior Brooke Merila took first in the Floor with a score of 9.575, with junior teammate Jenna Griffith tying for second in the event by scoring a 9.400. "Beam nailing their performances really kept us going after some missteps on bars. Floor is always a party at home and they delivered, and then some" DeGrood said.

On top of the key results



A member of the Gustavus gymnastics team swings from the bars in the Sponberg gymnasium.

Gustavus Sports Information

from Floor and Beam, the Gusties had several other notable performances throughout the meet as well. Senior Sophia Redding scored a 9.325 in the Uneven Parallel Bars, earning first place in the event. Redding tied with Sophomore teammate Abby Willis in the Vault with a score of 9.400, with Merila earning the third place spot in the event as well. Merila also brought home second in the All Around, with a score of 35.800.

This unprecedented tie with Winona sets the Gusties

up for success as they face the next few meets of the season. As the WIAC Championship approaches on March 5, the Gusties see opportunities to improve and increase the fineness of their performances. Coach DeGrood explains that the team hopes to increase the difficulty of the athletes' routines, as well as become more comfortable in performance settings before the conference championship. "If we can keep the momentum going the way it is right now, we are set up to surprise some teams and make

big moves on March 5th," DeGrood said.

Another important part of the Gusties' success can be attributed to the allowance of fans and spectators at competitions. The 2020-2021 season allowed few to no spectators due to the ongoing pandemic, which prevented the athletes from experiencing the energy and excitement that accompanies the presence of supporters. However, as the 2022 guidelines allow the stands to fill with Gustavus students, families, and fans, the impacts were

tangible. DeGrood emphasized the importance of having fans at home, stating that the experience has been "AMAZING" and "a game changer," especially at home meets.

Focusing a bit closer to the present than the WIAC Championship on March 5, the Gusties are preparing for a few critical meets. The upcoming meets are important for both preparation for the conference, as well as the sentimental aspect of the team. The Gusties will be hosting two more home meets prior to the conference meet, with University of Wisconsin-Eau Claire visiting Gustavus on Feb. 11, and the University of Wisconsin-Oshkosh following on Feb. 26. These meets will be opportunities for the Gusties to mentally and physically prepare for the anticipated conference, as well as celebrate the seniors that have contributed greatly to the program over their time at Gustavus.

The competition between UW-Oshkosh and the Gusties will represent the final home meet of the season as well as senior day. The Gusties hope to have even more of a student turnout for that final meet in order to recognize the hard work and dedication of the seniors, as well as the overall success and team effort of the team as a whole.



The Gustavus gymnastics team huddles before their meet with Winona State.

Gustavus Sports Information

Women's hockey continues dominance

Team has not lost in last eleven games

Luke Siegle
Staff Writer

This past weekend the Gustavus Women's Hockey faced off against Augsburg in a home and home series. The first game took place at Don Roberts Ice Rink and the Gusties made quick work of the Auggies, dismantling them 6-0. Game two proved to be much more of a test for the team as they traveled up to St. Paul and left with a 4-4 tie.

Game one opened up with a flurry of shots by the Gusties in the first period, but none of them could find the net. When the horn sounded after one, the Gusties had 13 shots on goal compared to zero for Augsburg. That changed in the second as the team scored five goals to take the commanding lead. Junior Molly McHugh netted her sixth of the season on the power play to open the scoring 4:26 seconds in. Then it was Senior Kayla Vrieze who put the Gusties up 2-0 7:46 into the period. About a minute later the lead was three as First-year Kaitlyn Holland put in her eighth goal of the year. Next, Junior Hailey Holland, who added on a fourth goal less than a minute later.

To give the Gusties the five-goal lead was Hailey Holland again who found the back of the net 11:15 into the second. The two goals by Holland gave her nine of the season. In the third, First-year Rachel Wieland scored an unassisted goal at the 8:02 mark to put the finishing touches on the 6-0 victory. In net, Katie McCoy recorded her 15th win and eighth shut-out which leads all other goalies in the NCAA. "I'm just staying focused on the game even when I'm not playing and I have amazing support. The D (defense) don't allow many shots at all. Just an amazing support system." McCoy said after the win.



Tina Press congratulates Hailey Holland following her goal.

Gustavus Sports Information

Game two proved to be much tougher for the Gusties as they gained a three-goal advantage but then lost it as the Auggies scored four unanswered goals in the second to take the 4-3 lead. "We just came out thinking we would blow them away again and we were too confident. They also put up a much better game themselves too which gave us more of a challenge." McCoy said. However, a late goal in the second by the Gusties tied it up 4-4 and that is where the game ultimately ended up staying.

Junior Emily Olson put the team on her back early as she scored the first three goals for the Gusties to put them up 3-0. Olson scored 2:35 into the first and then at the 1:19 and 3:22 marks in the second to earn her hat trick. Teammates Gabby Skylas, Brooke Power, Sophia Coltvet and Vrieze each chipped in an assist. After Olson's goal at the 3:22 mark, it was all Auggies. They scored four goals in the next ten minutes to take the lead. This gave the Gusties a situation that they haven't faced a lot this

year, a deficit. However, they responded calmly as Sophomore Brooke Power netted a short-handed goal in the closing minute of the second period to knot up the score.

It remained tied after three which led to overtime. After five minutes of overtime, the score was still locked at four apiece. The game moved to a shootout and Senior captain Tina Press answered the call as she scored the only shootout goal to give the Gusties the extra point. "To get two of three points in conference is nice, but definitely a tough feeling knowing we didn't play our best hockey and come out with the win which we knew we should have," Press said.

Even with the tie, it was an-

other productive weekend for the Gusties as they snagged five out of six points to continue their dominance within the MIAC. The win and tie brought their MIAC record to 10-0-2. The Gusties have some tough games ahead as they complete the regular season against Hamline and St. Scholastica who are the number two and three teams in the conference respectively. "The goal is to stay focused and play as hard as we can for as long as we can," McCoy said. You can catch the Gusties in action this weekend as they play Hamline in St. Paul at 7 p.m. Friday night and then at home at Don Roberts Ice Rink on Saturday at 2 p.m.



Kayla Vrieze skates down the ice with the puck.

Gustavus Sports Information



Molly McHugh stands ready for a faceoff.

Gustavus Sports Information

GAC track teams get off to a scorching start

Record-breaking performances highlight teams' success

Brady Boie
Staff Writer

As the calendar rolled over to 2022, the Gustavus Golden Gusties track teams wasted no time making their marks on a New Year. Throughout the first forty-days of 2022, the Gusties have competed on five separate occasions and have exceeded expectations every single time. Despite enduring a grueling meet schedule, the Gusties used January as an opportunity to take their training regimen to the next level.

"The season has gone really well... J-Term is useful because I have so much more time to dedicate to training and get a nice long break from the semester goals," sophomore Tucker Wallin said.

Wallin has been enjoying a successful start to his season. At the St. Olaf Invitational, he posted a PR mile time of 4:24. He also has been a strong component of the men's medley relay, which has taken first place on multiple occasions this season, with the most recent victory coming at the Minnesota State University-Mankato Ted Nelson Classic. Wallin has been optimistic about both his own success and the success of his peers.

"Individually, I am on track to accomplish my goals. I just need to stay focused and consistent with my training... (As far as the team goes, we are) very competitive and have performed well in the early-mid stages of the season. It is encouraging to hear all of the PR's across the board during our meet recaps," Wallin said.



A group of Gustavus sprinters pose following the conclusion of the 200m race.

Nathan Harder

The Gustavus women's track team has arguably had an even more impressive start to their season. The Gusties have seen numerous team records fall already this season, which is especially impressive when achieved during the most physically demanding stretch in their season.

"I have been really impressed with my mental toughness in difficult workouts. In the past, I would be scared by hard workouts, so it is incredible to feel

like I am embracing them now. I think I have really grown as a competitor in the last month," sophomore Birgen Nelson said.

Nelson's mental toughness has certainly been on display over the last few months. Heading into the Ted Nelson Classic, Nelson hadn't posted a single personal record this season but she was determined to break through. And breakthrough she did. Nelson ran a blazing 8.60 seconds in the 60-meter hurdles. This time shattered her own school record and is currently the top time in NCAA

Division III. It was also the tenth fastest time in NCAA Division III history. As one would expect, Nelson was ecstatic after her record-breaking performance.

"It was a pretty surreal moment for me. I knew it was going to happen, but I didn't know when. I was mostly in shock because I knew that the time meant my hard work was paying off. What made the moment even more fantastic was hearing all of my teammates' cheers when I crossed the line," Nelson said.

Nelson's electric perfor-

mance earned her the honor of the MIAC Women's Indoor Track Athlete of the Week. And just like her performance at the Ted Nelson Classic, Nelson was filled with adrenaline after receiving this award.

Nelson wasn't the only Gustie woman to have a phenomenal meet that day. Teammate Elizabeth Donnelly broke a record that was nearly thirty years old. She posted an electric 1000-meter time, clocking in at 2:53.02 seconds. This lightning-fast time bested the previous school record by over five seconds. Performances like the ones Donnelly and Nelson have given the Gusties great hope for what lies ahead.

"The team is super fun and really close. I would describe every one of the sprinters as a supportive friend...I think our team has the capability to surprise the conference this year at the MIAC championships. We are the strongest we have ever been. I want to keep growing as a team and continue to be supportive of each other," Nelson said.

Wallin is equally as optimistic about the men's team's long-term outlook. He is confident that the year will end the way that it started - lots of fast running and lots of PR's.

"We would like to re-establish ourselves as one of the MIAC's top track teams. We also want to send some people to the national meet, and continue to build a winning culture," Wallin said.



Tucker Wallin's track and field roster photo.

Gustavus Sports Information



Birgen Nelson poses with teammates Dani Miller and Makenna Huetten as well as hurdles coach Nathan Harder.

Danielle Miller